Philadelphia, PA — On Friday morning Congressman Joe Sestak (D-PA) will participate in Good Morning Philadelphia's search for the unknown best water ice in the region. Viewers were asked to email in their suggestions for small companies where they get the best water ice and the selection was narrowed down to five companies. Representatives from the companies will be on hand to showcase their product. Joe will be on a panel that includes radio personalities Anthony Gargano (WIT), Albert Butler (WHAT) and former Eagle player, Ike Reese. The segment should air four times between 7:30 and 9:00 on Friday, July 6th. — Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.